

SPORTS

★ **Pool open**

The indoor Olympic pool has reopened after being closed for renovations. Pool pass holders can extend their passes for a period of time equal to the closure or request a pro-rated refund.
Classes have resumed as scheduled.
Call 846-5485.

★ **Super Bowl**

The Roadrunner Lounge hosts Super Bowl Sunday **Feb. 1**, beginning at 5 p.m.
The event includes prizes, food and drink special.
Cost is \$5 for nonmembers and free for members.
Watch the playoffs **tomorrow** and **Jan. 11** and **18**.
Call 846-5166.

★ **Pro shop sale**

The Tijeras Arroyo Pro Shop offers specially tagged sale items **through January**.
Call 846-1574.

★ **Aerobics class**

The Low-Impact Aerobics class begins at 9:30 a.m. **Mondays, Wednesdays and Fridays**.
Call 846-1574.

★ **Golf special**

Play a round of golf, with a cart and enjoy a Bogey Basket meal for \$20 during the winter golf special offered **every Monday-Thursday through February**.
Call 846-1574.

★ **Fitness center**

Reservations are being accepted for the fitness center for unit fitness

training.
Call 846-1102 for details.

★ **Football Frenzy**
Football Frenzy is every **Sunday** during the football season, 10 a.m., in the Roadrunner Lounge.
Enjoy refreshments and chance to win prizes.
Nonmembers of the club pay normal admission fees.
Call 856-5165.

★ **Personal trainers**

Two personal trainers are on-call at the East Fitness Center.
James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.
Fee for consultations is \$25 an hour. Call 846-1102.

★ **“Boot camp”**
Recall the glory days of boot camp while getting into shape for the fitness test.
The intense aerobic class includes pushups, sit-ups and other boot camp style exercises.
Classes are **Tuesdays**, 5 p.m., at the East Fitness Center.
Call 846-1073.

★ **Big Guns Club**
Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.
Call 846-1102

★ **Discount lunch**
The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.
Call 846-1574.

★ **Handball club**
The handball clubs takes no initiation fees or dues and has no meetings--just competitive handball games.
Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games.
New members are always welcome.
Call 846-2454.

★ **Combat Club**
Close Quarter Combat club meets **Tuesdays** and **Fridays** at the Rio Grande Community Center from 11 a.m.-noon.
Learn real-world hand, stick and knife combatives in this class of street fighting survival strategies.
Call 846-9148.

★ **Breakfast**
Breakfast is available at the Spare Time Cafe inside Kirtland Lanes. The Cafe opens **Monday- Friday** at 7 a.m. and **Saturdays** at 9 a.m. Breakfast is not served on Sundays.
Call 846-6851.

★ **Spinning class**
Indoor cycling classes are held at the East Fitness Center, **Monday-Thursday**, 6 p.m., and **Saturdays** at 1 p.m.
Call 846-1073.

★ **Air Force sports**
If you excel in boxing, bowling, cross country, golf, fencing, rugby, shootoing, tae kwon do, track and field, triathlon, wrestling, marathon or men’s and women’s basketball, soccer, softball or volleyball, consider the Air Force Sports Program.
Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ **Lunch Crunch**
The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.
The aerobics class focuses on abs, thighs and glutes.
Call 846-1102.

★ **Ride of Your Life**
Be a part of Air Force Cycling in the “Go for the Ride of Your Life.”
You can win T-shirts, caps, towels and water bottles.
Pickup a mileage card at the East Fitness Center.
Call 846-1068 or 846-1102.

★ **Run for Your Life**
The East Fitness Center holds the “Run for Your Life” program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.
Call 846-1102.



Photo by Lisa Gonzales

Running from the cops

Airman 1st Class Brian Cassell, 58th Special Operations Wing, dodges defenders during the base championship game between the 58th Special Operations Wing and the 377th Security Forces Squadron Dec. 16. Security Forces Squadron won the championship 10-3.